

how to manage hospital procedures: some TOP TIPS

information
and WORKBOOK
for Parents



CONTENTS

2	Introduction
2	Anxiety
3	Worrying about things that happen in hospitals
3	Managing anxiety
3	Relaxation
3	Some ways to relax
3	Distraction
8	What can you do to help your child?
13	Give information
13	Be honest
13	Give reasons
13	Consider rewards
13	Keep calm
13	Give control
13	Make a plan
17	Creating your plan
17	A plan template
18	Get ready to practice your plan
19	What if the plan does not work?
19	Psychology support
19	Words of advice from people who have been through it
20	Children who have been through it
20	Parents who have been through it
20	Appendix
21	Example injection plan 1
21	Example injection plan 2
22	Example injection plan 3
23	Example plan for needles and anaesthesia
24	Example dressing change plan
25	Useful resources

introduction

Anxiety

Anxiety is a feeling we get when we think something bad might happen. It's like an alarm that goes off in our body. When we feel anxious, our heart beats faster, we breathe faster, and our muscles get tight. This happens because our body wants to be ready to protect us or run away if there's danger.

Sometimes, new things or things we're not used to can make us feel anxious. A little bit of anxiety can actually help us do our best and pay attention. But if we feel too much anxiety, it can make things harder for us.

Worrying about things that happen in hospitals

Sometimes when people go to the hospital, they feel a little anxious about things like getting a blood test or having surgery. They might worry it will hurt or feel strange. Some people start worrying ahead of time, while others feel it on the same day.

Guess what? Feeling worried like that is completely normal. It happens to lots of people! Sometimes, the worry can get really strong and make it hard for you to get the treatment you need. But don't worry, there are many things that can help you feel better.

Managing anxiety

When worry is around, there are ways to make ourselves feel better. One way is to relax and do things that make us happy, like playing or doing fun activities. This can help us forget about the worries and feel much better.

Relaxation

Relaxation means feeling calm and happy instead of feeling worried or scared. It's like when you're in your favourite place, feeling safe and peaceful. When we relax, our body and mind become very calm. Our breathing slows down, our heartbeat gets slower, and our muscles become loose and relaxed. It's like our body is taking a big, deep breath and feeling very cosy.

We can learn different ways to relax, and the more we practice, the better we become at it. When we relax our minds, it also helps our bodies to relax. It's like magic!

There are many ways to relax, and it's fun to try them out and see which ones you like the most. Sometimes it might feel a little strange when you first try them, but don't worry, that's normal! It's good to practice together with someone, like your mum or dad, so you can have fun and feel relaxed together.

Some ways to relax

Here are three fun ways to relax and feel better when we're feeling worried:

Take deep breaths: Sometimes when we're worried, we breathe really fast, and it can make us feel funny. But when we're relaxed, we take slow and deep breaths, just like when we are smelling something lovely. We can practice taking those slow breaths to help us feel calm and relaxed.

Play muscle relaxation: Sometimes our bodies feel tight and tense when we're worried. But we can make it better with a fun game! We can give ourselves a big hug by squeezing our muscles really tight and then letting go. This helps our muscles relax and makes us feel calm.

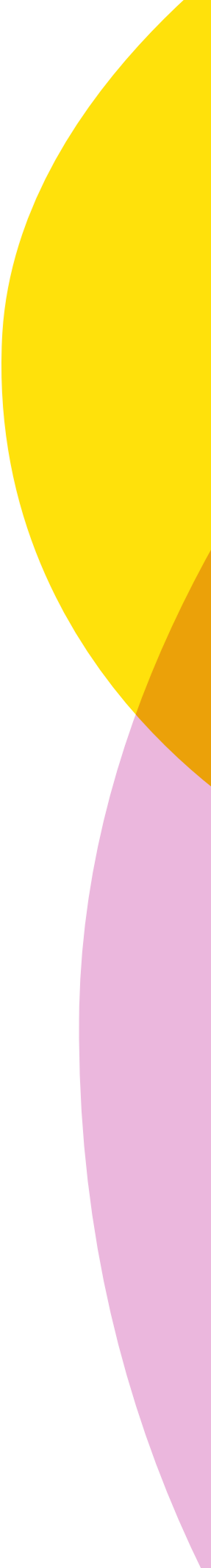
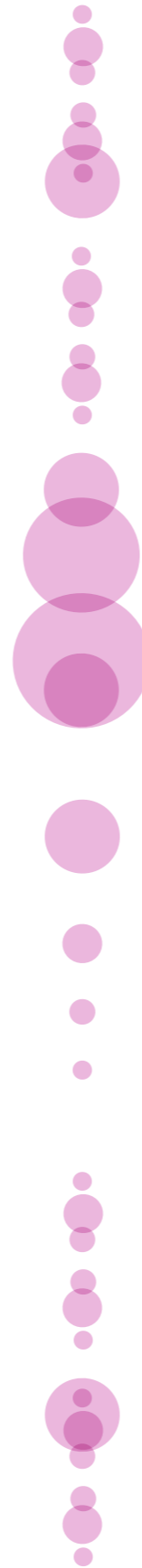
Imagine happy things: This is like watching a movie in our minds! We can close our eyes and imagine ourselves in a cosy place, like a sunny beach or a fluffy cloud. It's like being in our favourite spot. This helps us feel safe and calm. We can use our imagination to picture happy things and make ourselves feel better when we want to relax.

So, when we want to relax, we can try these three things: take slow and deep breaths, play the muscle relaxation game, and use our imagination to picture

happy things. It's like having a special superpower to make ourselves feel better!

Breathing exercises

Let's learn about breathing exercises! It's important to pay attention to how we breathe. First, think about your breathing. Notice how the air comes into your body and how it goes out. Next, let's change the way we breathe. Take a slow breath in through your nose, and then breathe out slowly through your mouth. It's like smelling a flower and blowing out a candle. That's how we do breathing exercises!





Blowing bubbles

Let's pretend you have a big bottle of special bubble liquid. We're going to blow some bubbles, but these bubbles are extra relaxing!

1. Take a nice, slow, deep breath in through your nose. Count silently in your head: 1, 2, 3, 4, 5.
2. Now, slowly breathe out through your mouth. Imagine you're blowing a really big bubble.
3. Keep breathing out slowly and picture the bubble getting bigger and bigger, until it floats away.
4. Take another deep breath and start again.
5. Let's do this 10 times. Each time you blow a bubble, imagine it floating away and taking your worries with it.

Blowing these special bubbles can help you feel calm and relaxed. Give it a try and see how it makes you feel!



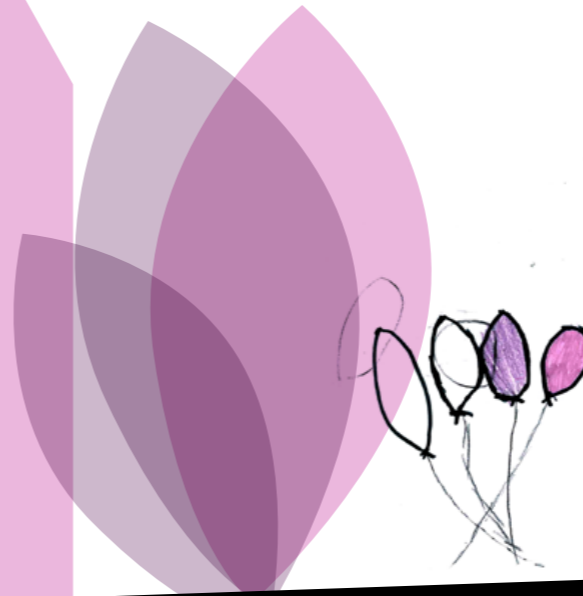
Imagining a lift

Let's imagine that your breath is like a special lift inside your body. You're in control of this lift, and you can make it go up and down. The slower and deeper you breathe, the further the lift will go and the more relaxed you'll feel.

Here's how to ride the breath lift:

1. Take a breath in through your nose to start the ride.
2. Now, breathe out slowly through your mouth and imagine your breath going all the way down to the basement, down to your toes.
3. Now, take a really deep breath in and let your breath lift you up to the top floor. Imagine the breath going up through your throat and into your face and forehead. Feel your head fill with breath. Hold it.
4. Finally, breathe out and feel your lift going down through your chest, belly, legs, and out through the elevator doors in your feet.
5. You can repeat these steps as many times as you like.

By riding the breath lift, you can feel more relaxed and calm. It's like taking a relaxing journey inside your own body. Give it a try and see how it makes you feel!

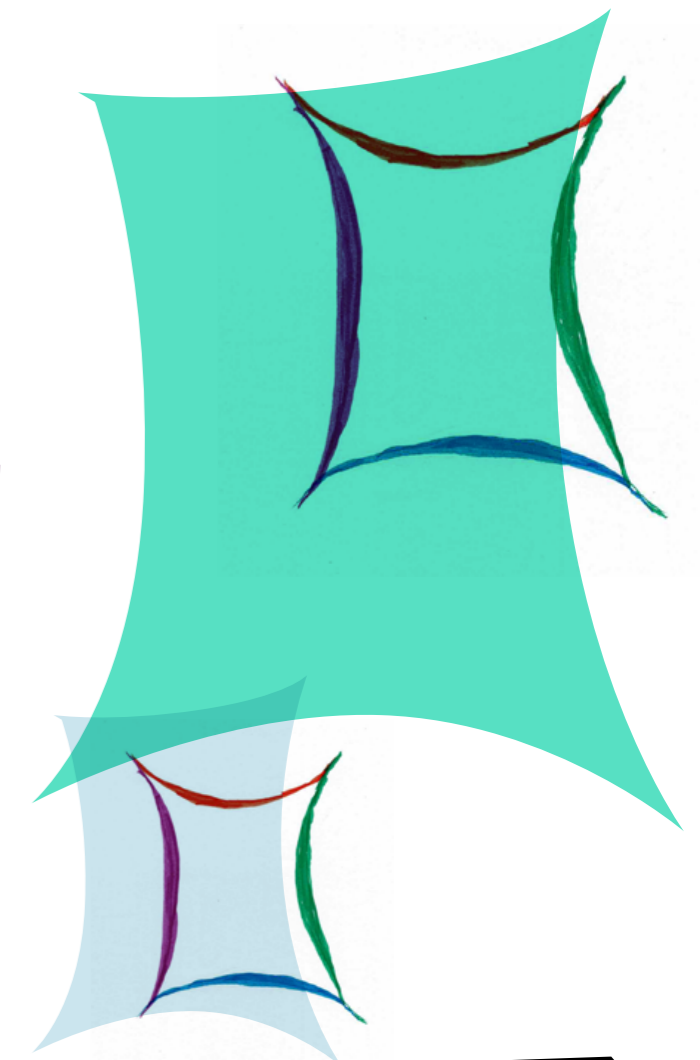


Balloon breathing

Let's try something called "balloon breathing." Put your hands on your tummy and imagine there's a balloon inside.

1. When you breathe in, the balloon blows up and gets bigger.
2. When you breathe out, the balloon gets smaller.
3. Notice how your tummy feels as the balloon gets bigger and smaller.
4. Your tummy rises up when you breathe in and goes down when you breathe out.

It's like you're blowing up and shrinking a balloon in your tummy with each breath. Give it a try and feel how your tummy moves.



Square breathing

Let's try something called "square breathing". Imagine a square shape in your mind, and we'll do each step for each side of the square.

1. Take a deep breath in as you count to 4 in your head.
2. Hold your breath for 4 counts.
3. Breathe out slowly for 4 counts.
4. Hold your breath again for 4 counts.

It's like tracing each side of a square with your breath. Inhale, hold, exhale, hold... and repeat. Give it a go and see how it makes you feel!

MUSCLE RELAXATION

Let's try some muscle relaxation exercises! We're going to use our imagination and pretend with our muscles.

1

Imagine you have a juicy lemon in each hand. Squeeze the lemons as hard as you can, trying to get all the juice out. Feel your hands and arms getting tight. Count to 5 while you squeeze. Now, let go of the lemons and let your hands and arms go floppy and soft. Notice how they feel when they're relaxed.



2

Now, let's pretend we're strong weightlifters in the Olympics. Flex your arm muscles to show how big and strong they are. Hold that pose for a count of 5. Then, let go and relax your arms.

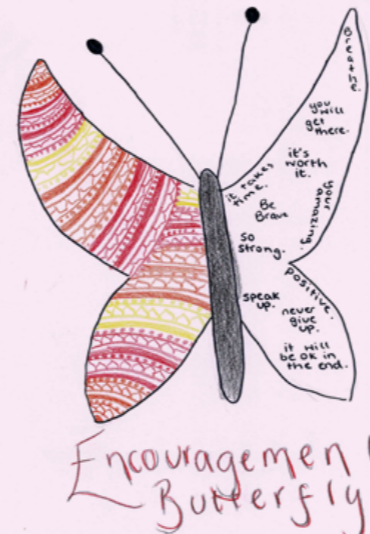
3

Next, pretend you're a cat who wants to do a big stretch. Stretch both of your arms out in front of you, and then reach them up high above you. How high can you reach? Hold them up high for a count of 5. Gently bring them back down. Notice how your arms feel when they're relaxed by your sides.



4

Now, imagine you have a hard sweet in your mouth, and you want to bite it. Bite down really hard and hold it. Feel your jaw muscles get tight. Keep biting as you count to 5. Release and let your jaw open. Does your face feel different?



5

Imagine a little butterfly has landed on your nose. Scrunch up your nose really tight to try to make it fly away, while you count to 5. Next, imagine the butterfly has landed on your forehead. Wrinkle up your whole face and count to 5. The butterfly has flown away, so now relax your face.

6

Pretend you're lying down. A baby elephant is walking towards you. The elephant steps on your tummy. Don't move. Squeeze your tummy muscles as much as you can, so they become hard. Hold it as you count to 5. The elephant keeps walking away. Let your muscles go loose. Uh-oh, the elephant has come back again! Squeeze your tummy muscles again and count to 5. Then, release and relax.



7

Imagine you're standing on a sandy beach. You want to push your feet as far down into the sand as you can. Wiggle your toes and dig them into the sand. Push your heels into the sand too, and count to 5. Relax. Push both feet into the sand as hard as you can, while you count to 5, and then let your feet and legs go floppy. Notice how that feels.



By using our imagination and pretending, we can help our muscles relax and feel more calm. Give it a try and enjoy the imagination journey!

imagining HAPPY THINGS

Sometimes when we're reading a book, watching a movie, or playing a game, we get so caught up in what we're doing that we don't notice what's happening around us. It's the same when we daydream or imagine things. And you know what? That can actually help us feel better!

We can close our eyes and imagine a special place where we feel safe and calm. It can be anywhere you like and can easily imagine. For example, you can think of being in your cozy bed, on a beautiful beach, or spending time with your favourite pet.

Now, concentrate really hard on the details of this place in your mind. Think about what you can hear, like the sound of waves crashing or the purring of a happy cat. Imagine what you can see, like the sparkling blue ocean or the cat's soft fur. And don't forget to think about how things feel in your special place. Maybe the sand is warm beneath your feet or your pet's fur is soft and comforting.

Sometimes, our thoughts might want to bring us back to things that are worrying us. But that's okay! Don't give up. Keep thinking about your safe place and how it makes you feel calm and happy.

By using our imagination and picturing this special place, we can give our minds a break and feel more relaxed. So, whenever you need a little break from worries, close your eyes and go to your safe place in your mind. Enjoy the peacefulness!



DiSTRaCTION

Sometimes when we're feeling upset or worried, it can help to do something that takes our mind away from those feelings. Here are some ideas for you to try:

- Look around the room you're in. See how many blue things you can spot! You can also listen carefully to the sounds around you and think about what you can smell.
- You can use your phone or tablet to watch a fun video or play a game. It can be really entertaining and take your mind off things.
- Listening to music through headphones can be a great way to distract yourself. You can choose your favourite songs and enjoy the music.
- Sometimes, touching things can help distract our minds too. You can try patting or massaging your own hands or playing with your hair.
- Objects like fidget toys, squeeze toys, or cuddly toys can be fun to play with and keep your mind busy.
- Memory or counting games are another way to distract yourself. You can challenge yourself to remember things or count how many objects you see.
- Think of fun or interesting topics you can talk about. You can have a conversation with someone about your favourite hobbies, animals, or even your dreams and wishes.

Remember, these activities can help take your mind off things when you're feeling worried or upset. Give them a try and see what works best for you!

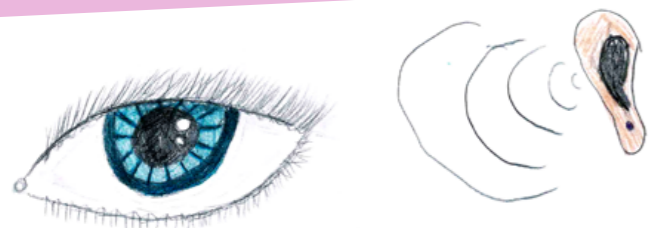
DiSTRaCTION GAME IDEAs

Noticing games

Noticing games are fun activities that can help us pay attention to things around us. Here are some games you can try:

- “How many blue things can you spot?” Look around and try to find as many things as you can that are the colour blue.
- “What are 5 things you can see/hear/feel?” Take a moment to think about the things you can see, hear, or feel right now. Maybe you see a window or hear birds chirping outside.
- Let’s play “I-spy”! Take turns with someone and give clues about something you can see. For example, you can say, “I spy with my little eye something that is red.” Then, the other person tries to guess what it is.
- Can you spot specific things? Look around and try to find:
 - 3 things that are round, like a ball or a plate.
 - 1 thing made of wood, like a wooden chair or a wooden toy.
 - 2 things that are rectangles, like a book or a picture frame.
 - Something that is soft, like a plush toy or a cushion.
 - 2 things made of metal, like a metal spoon or a metal key.
 - Something green, like a plant or a green toy.

These games help us use our eyes and senses to pay attention to what’s happening around us. It’s like going on a little adventure to discover new things. Have fun exploring and finding all the interesting objects!



ABC games

Let’s play an ABC game! We’re going to think of different things that start with each letter of the alphabet. We can start with animals, but we can also try it with other things too, like foods, toys, or names.

For example, for the letter A, we can think of animals like “alligator” or “antelope.” Then, for the letter B, we can think of animals like “bear” or “bird.” We keep going through the alphabet and try to think of different things for each letter.

If we want, we can also try the game with other categories. For instance, we can think of foods that start with each letter, like “apple” for A or “banana” for B. Or we can think of toy names, like “car” for C or “doll” for D. The possibilities are endless!

It’s a fun way to test our knowledge and think of lots of different words. Let’s see how many letters of the alphabet we can fill with all sorts of things we know. Are you ready to start the ABC game? Let’s go!



Counting games

Counting games are fun activities where we get to practice our counting skills. Here are some games you can try:

- Look around the room and choose something to count. It could be the number of tiles on the floor, the books on a shelf, or even the toys in a box. Start counting and see how high you can go!
- “Count backwards from 100 in 3s/2s.” We can practice counting backwards by starting from a big number like 100 and counting down. We can do it in groups of 3 or 2. For example, you can say 100, 97, 94, and so on. It’s like taking big jumps as we go backwards!
- We can practice our multiplication skills by doing times tables. We can start with the easier ones like the 2 times table (2, 4, 6, 8, and so on) or the 5 times table (5, 10, 15, 20, and so on). We can keep going and challenge ourselves with higher numbers too!
- Counting games are a great way to have fun while practicing our counting and math abilities. Let’s get counting and see how far we can go!

The task should be hard enough to make your child think, but easy enough that they will get the right answer .

Dice games

Dice games are really fun and easy. All you need is a dice and your imagination. Here’s how it works:

1. Roll the dice
2. List the animals: Whatever number you roll, think of that many different animals. For example, if you roll a 3, you can name three animals like a dog, a cat, and a lion. If you roll a 5, you can think of five animals like a monkey, a giraffe, a bird, a tiger, and a snake.
3. Get creative: You can choose to list animals from different categories. You can use toys, names of your friends or family members, or even things you see around you. It’s all about using your imagination!
4. Keep playing: Roll the dice again and again to come up with new lists of animals. Each time you roll, challenge yourself to think of different animals and have fun with it!

Dice games are a great way to be creative and think of new things. Let’s roll the dice and see what animals we can come up with. Are you ready to play? Let’s go!

The activities that will help my child are:

Which activities do you think your child would enjoy?

What ideas does your child have?

Which of the ideas might be most practical?

Pain OR Discomfort

Sometimes, when we have pain or feel uncomfortable, it can make us worry. But guess what? There are ways to help manage pain and feel better! It's like using a special volume button for pain in our brains. Let me explain:

1. **Our thoughts:** Our brain plays a big role in how we feel pain. When we think negative and scary thoughts, it's like turning up the volume on pain. It feels louder and harder to ignore. But if we have positive and calming thoughts, it's like turning the volume down. The pain feels less intense. Example: Instead of thinking, "Oh no, this is going to be terrible! I can't do it!", we can think, "I'm brave, I can handle this! It's not a big deal, I've done it before."
2. **What we focus on:** If we keep thinking about the pain all the time, it turns up the volume. But if we distract our attention and think about other things around us, it can help turn the volume down. Example: Instead of only thinking about the pain, we can think about our favourite toy or a fun game we want to play later. It helps take our mind off the pain.
3. **How we feel:** Our emotions also affect the pain volume. When we feel stressed, sad, scared, or anxious, it turns the volume up. But when we feel happy, calm, and safe, it turns the volume down. Example: If we try to focus on things that make us happy, like spending time with friends or doing something we enjoy, it can help make the pain feel less strong.

So, remember, when we have pain or discomfort, we can use our special volume button. We can think positive thoughts, distract ourselves with fun things, and focus on feeling happy and calm. It can help make the pain feel better.

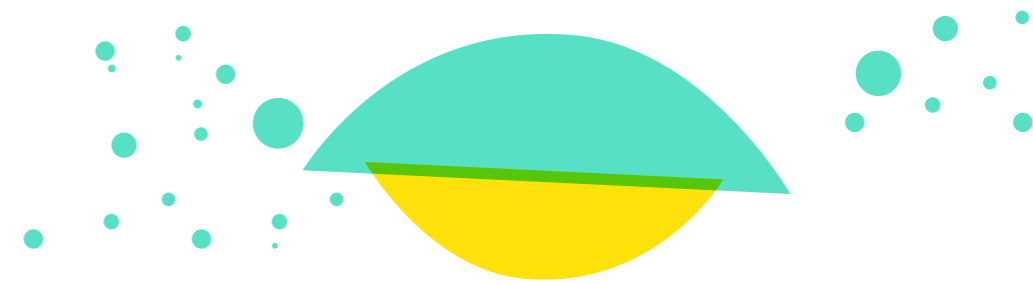
- There are also physical ways to help manage distress. Different things work for different people. Here are some ideas to try:
- **Soothing:** Some children like cuddles, gentle touches, or being stroked.
- **Other sensations:** Sometimes, touching one part of the body can distract from what is happening in another part. For example, rubbing one arm might take our attention away from another part that hurts.
- **Sweet sensations:** Eating something sweet can sometimes help turn down the volume of pain.

Remember, everyone is different, so it's okay to try different things and see what helps you feel better.

MEDICAL APPROACHES:

Sometimes doctors and nurses might suggest things to help with pain. Some kids like using special cream or cold sprays that make their skin feel numb. It's like magic!

Remember, everyone is different, so it's okay to try different things and see what works best for you.



SETTING BOUNDARIES

It's alright to set limits on how much upset your child can have. If they become very upset, they may need some time to calm down. Things that can help include:

- Giving cuddles
- Doing relaxation exercises
- Finding something fun to distract them
- Going back to the waiting room for a break
- Trying again later when they feel ready

The things that will help my child to manage discomfort:

WHAT CAN YOU DO TO HELP YOUR CHILD?

Give information

Tell your child what's going to happen. You can ask the team for help and they might have leaflets or videos to show you. For younger children, you can use toys like teddy bears or dolls to play and show them what will happen. Your child can also ask questions. If you don't know the answers, it's okay to ask the team together. If your child is older, they might want to ask the team themselves.

Be honest

The most important thing is to be honest. Never tell your child it won't hurt if it will. Instead, tell them that it might hurt, but it will be over quickly (if it will). When you are honest, your child will trust you and be more willing to listen to your advice.

Give reasons

Children want to know why things are happening and how it will help. Explain the reasons in a way that is important to them. For example, you can say, "When we get this done, the doctors will know how to make you better so you don't have to come to the hospital as often" or "When we finish this, you can get the right medicine so you can go back to see your friends at school."

Consider rewards

Treats or rewards can help motivate your child. They don't have to be expensive. It can be something like spending nice time together or letting your child choose what the family will have for dinner or what movie you'll watch together. The important thing is to find something that works for you. Also, remember to praise your child for what they have done, even if the procedure doesn't go as planned. Depending on your child's age, you can agree on a reward after the procedure, like stickers, small gifts, trips out to the park or swimming, visiting friends, or their favourite snack or drink.

Reward charts can also be helpful if your child needs to do things regularly.

Keep calm

It's important for parents to stay calm. If you're feeling anxious, your child might pick up on it. Managing your own feelings is essential to support your child. The relaxation and distraction techniques in this workbook can be helpful for both adults and children. When parents stay calm, it shows that there's nothing to worry about. If it's hard for you to remain calm during your child's procedure, it's okay to stay out of the room. You can bring another family member or friend to support you and your child.

Give control

You can help your child feel in control by letting them make choices and listening to what they like. For instance, they might want the nurse to talk to them while something happens, or they might prefer it to be quiet. They could ask the nurse to give them a warning before doing something. Or they might want to be the one to say "go" when they're ready for it to start. They might choose to look at what's happening or look away. They can decide if they want to sit down or lie down. If they've had experiences like this before, they might already know how they like things to be done.

You should talk to the team about what your child likes and what choices they can have. Here are some questions to help you understand what might work for your child:

Where would your child like to sit? Would they prefer sitting on your lap getting a big bear hug, sitting by themselves, or holding your hand?

Who would they like to do the talking and what would they like to know while it's happening?

Who would they like to be with them and what is their role (e.g., to help with relaxation or distraction)

When should you tell your child?

It's important to tell your child about what's going to happen, but the right time depends on their age. Younger children might not understand time very well, so telling them too early can make them worry for a long time. Older children might need more time to prepare. Here are some suggestions:

- For 3-4 year olds: Tell them 1-2 days before.
- For 5-6 year olds: Tell them 3-5 days before.
- For 7-11 year olds: Tell them 7 days before.
- For 12 and older: Involve them from the beginning.

Remember, every child is different, so you can adjust the timing based on what you think is best for your child.

TELLING MY CHILD

What will I tell my child?

When will I tell my child?

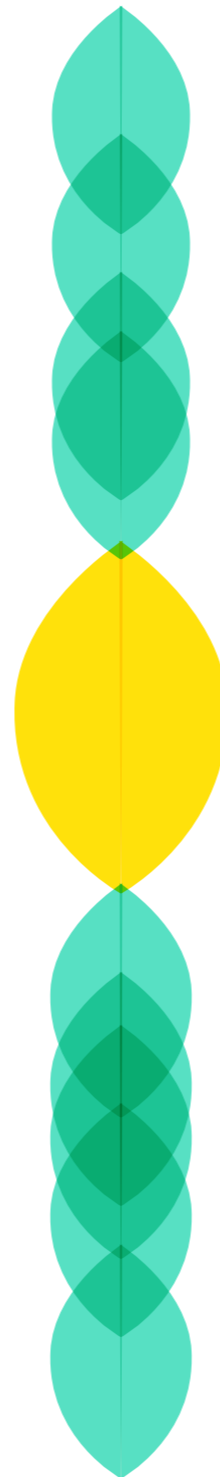
What will it involve?

Why does it need to be done?

How will it benefit my child?

When will it happen?

How long will it take?



Will it be painful or uncomfortable?
How will we manage this?

What choices can your child make?

What will happen afterwards?



make a Plan

Making a plan is really important. It helps you and your child know what will happen, feel like you have some control, and feel motivated to get through it. Depending on how old your child is, you can make the plan together. We've already talked about many things in this booklet, so now we'll put it all together and make a plan with your child using the template below. If you're not sure what to write, there are some helpful examples at the back of the book.

Creating your plan

Who will take your child to the appointment?

- What choices has your child made?
- Where to sit/lie?
- Pain relief options?
- Which hand/arm/side?
- If they are able to say when ready?
- Whether they would like to look/not?
- Anything they would like staff to do/not do?
- Anything for staff to say/not say? (e.g. 'sharp scratch')
- Anything they would like you to say/do?
- Was there anything you tried in the past that was helpful?

Will you use any techniques to help you both relax? If yes, which ones will you choose? Will you do them before or during the procedure?

Will you use any fun activities to distract your child? If so, which ones do they prefer?

What reward or treat would your child like to have after the procedure?

Don't forget how important it is to tell your child they did a great job and tried their best.

A plan template

What needs to happen?

Why does it need to happen?

How long will it take?

When will it happen?

The adult going to the appointment is:

What do we need to remember to take? (e.g. distraction activity, headphones, charger for devices!)
These are our choices about pain relief:

We will use these distraction activities:

We will use these relaxation exercises:

If the plan does not work, we will:

The treat afterwards will be:

Get ready to practice your plan

Who will take your child to the appointment?

- Children need to know what will happen during the procedure. We can pretend and practice with their favourite doll or teddy.
- Relaxing is a skill that gets better when we practice. The more we practice, the easier it gets!
- You might need different plans for different things, like a blood test, a scan, or changing a dressing or feeding tube.
-

What if the plan does not work?

If the plan doesn't work, it's okay! Sometimes, even when we try different ideas, it can still be hard for children during their treatment. Don't worry. You can talk to your team about it. They might ask a play specialist or a clinical psychologist to help you even more. They have lots of helpful ideas too.

Psychology support

Sometimes, talking to a psychologist can be really helpful. They are good at helping families with things like this. You might want to talk to a psychologist if:

- You have tried the ideas in this booklet, but they haven't worked for you.
- You had tough experiences before that make things harder now.
- Your child needs extra support because they have special needs.

If you think talking to a psychologist would be helpful, just let your medical team know.

WORDS OF ADVICE FROM PEOPLE WHO HAVE BEEN THROUGH IT

All the wonderful illustrations in this book were created by children and young people who have been through these things themselves – and come out the other side!

Thanks so much to Alexa, Anya, Beth, Freya, Quinn, Ruby, Zachary and Zain!

They also wrote some words of advice for others who might be in the same boat:

Children who have been through it

- 'It can help to do some nice things beforehand, like go rock climbing, roller skating, bowling or the cinema.' (Quinn, age 9)
- 'Don't stress! I move my hands downwards and imagine I'm pulling down a wall. It helps.' (Alexa, age 11)
- 'I count to 10 when the needle is going in. You can put a sticker on your calendar afterwards!' (Zachary, age 6)
- 'Get it done early in the morning, or do something fun first, like go out with your friends'. (Freya, age 16)
- 'Now I'm used to it, it's nothing big. But to get used to it, you have to calm down. I used breathing exercises I learnt at school. I just breathe in and out slowly. Sometimes I even look forward to it now, to check how well I'm doing!' (Zain, age 9)
- 'I got through it, and so can you.' (Anya, age 9)

Parents who have been through it

And their parents also had some advice for other parents:

- 'Keep calm!'
- 'Don't get stuck in the moment. Don't get bogged down.'
- 'You won't always be in the same place, so have patience with each other.'
- 'It can be important to find other people to talk to.'
- 'Keep talking! Don't bottle it up, because it will eat you alive.'
- 'We are also going through something horrible, and we have to give ourselves credit too. We need to express our feelings and validate them as well.'
- 'Work as a team. Play to each other's strengths.'
- 'Try not to feel guilty. You have to look after yourselves as well.'

APPENDIX



Example injection plan 1

Here's an example plan for Omar's injection:

Before the appointment:

- Omar wants to go in the morning.
- Omar will wear a short-sleeved shirt.
- Omar will play games on his phone in the waiting room.

During the appointment:

- Omar will sit on a chair.
- Omar wants the nurse to show him the medicine label and explain what it is.
- The nurse will ask Omar to lift his sleeve up.
- Omar's mom will start a fun dice game to distract him.
- The nurse will give the injection when Omar is talking to his mom and holding his sleeve up.

Things to avoid saying:

- The nurse won't say "sharp scratch."
- The nurse won't talk about the injection.

If Omar doesn't feel ready:

- He can tell his mum.
- They can play the dice game together or take deep breaths or even imagine funny gnomes!
- After that, Omar might feel ready to try again.

Example injection plan 2

Here's an example plan for Sophie's injection:

Before the injection:

- Sophie wants the nurse to only talk to her mum.
- No explanations, countdowns, or suggestions.
- The nurse won't say "sharp scratch."
- Sophie will wear a vest top.
- Sophie might have a chew toy to help distract her.

During the injection:

- Sophie will sit sideways on her mum's knee.
- Her mom will give her a big hug.
- Sophie wants the nurse to come to her side.
- Sophie will tell her mum if she's not happy with where the nurse is.
- Sophie can choose to look at the needle or look away.
- Her mum will say "balloon time," and they will take deep breaths together.
- After a few deep breaths, the injection can happen.
- Sophie and her mum will keep doing "balloon time" breathing.

If Sophie gets too upset:

- Sophie will tell her mom, "let's go."
- They will stop the injection.
- Sophie will stay in the room.
- She will have 5 minutes to calm down.
- Sophie will tell her mom if there's anything that can be done differently.
- They will try again one more time.

If the second try doesn't work:

- It's time to stop for now.
- They can come back another day to try again.



Example injection plan 3

This is Mary's plan for her injection:

Before the injection:

- Mary will wear a short-sleeved top.
- She will come to the appointment with her mum.
- They will go directly from the car to the treatment room.
- Mary will start by calming down using mindful breathing.
- She will check how calm she feels on a scale from 0 to 10.

During the injection:

- Mary will stand up and hold onto her mum.
- Her mum will lift Mary's sleeve.
- The nurse will count, but won't say when the needle is going in.
- Nobody will talk about the vaccine.
- The nurse won't say "sharp scratch."
- The second injection will be done in the other arm.

Example plan for needles and anaesthesia

This is Satbeer's plan for needles and anaesthesia:

For Needles:

- Satbeer would like an experienced person to do the injection because his veins are small. In the past, it has taken many tries to find the vein.
- Nobody should talk about what will happen during the injection.
- The injection should be done quickly.
- Satbeer will sit and cuddle into his mum.
- He will have his headphones on and listen to music.
- Mum might hold a cuddly toy next to Satbeer's face for comfort.
- Once Satbeer is in this position with his arm held out, the injection can happen.
- Satbeer might say "no" or that he doesn't want it to happen, but unless he pulls his arm away, it means he's okay with the procedure going ahead.
- If Satbeer does pull his arm away, please stop and give some time to calm down before trying again.

For Anaesthesia:

- Satbeer's preferences for anaesthesia are as follows:
- Please use the cannula instead of a mask because Satbeer is afraid of masks.
- Use the green light machine to find veins if possible.
- Anti-sickness medicine should be given as soon as Satbeer wakes up.

Example dressing change plan

This is Satbeer's plan for needles and anaesthesia:

This is David's plan for a dressing change:

- David wants to watch what is happening during the dressing change.
- He might play on his phone or use breathing exercises to help him stay calm.
- Throughout the process, Mom will talk to David in a calm voice. She will reassure him that everything will be okay and talk about a fun activity they can do together afterward.
- If David feels any pain during the dressing change, Mom will remind him that the pain will stop and that it doesn't mean he is unwell again.



USEFUL RESOURCES

Here are some helpful resources for you and your child:

- Visit the website www.whatwhychildreninhospital.org.uk. It has useful information and videos that can help you understand more about what happens in the hospital. There are also interesting videos about children who are worried about blood tests.
- You can download the Hospichill App. It's an app with lots of great ideas to support young people during their hospital visits. It has helpful tips and activities to make the experience easier.
- Go to the website www.bbc.co.uk/cbeebies/grownups/helping-yo-prepare-for-an-operation. It has advice specifically for younger children on how to cope with health problems, operations, and medical conditions.
- Check out the NUTH YouTube channel at <https://www.youtube.com/user/NewcastleHospitals/videos?view=0&flow=grid>. They have relaxation resources that can help both children and parents. They have some great videos with calming activities and techniques.

Remember to check these resources yourself first to make sure they are suitable for you and your child.